

Snow Much Fun

Do you enjoy adventure and exploration? Are you ready for a winter Daycation?

No need to pack and unpack! Your troop can plan a winter “chill-out” day of fun using some of the ideas in this kit! Invite girls to explore our winter adventure activities and earn the Snow Much Fun patch!

To earn the patch, girls must complete one or more activities from each of the categories below. As a leader, you can also create your own activities that align with the spirit of the winter outdoors! Custom patches are available in the GSGI Council Shops or our online shop.

To earn the Snow Much Fun patch you must complete at least one activity from the three sections in this packet:

Fire and Ice **Warm and Cozy** **Prepare and Explore**

You can also create and complete your own activities that align with the spirit of the patch – learning and exploring nature.



Fire and Ice

Waterproof Matches	2
Fire starters.....	3
Snow Dough	4
Snow Ice Cream	5

Warm and Cozy

Hand Warmers.....	6
Hot Granola.....	7
Simple Chili	8
Sweater Socks	9

Prepare and Explore

UV Bracelet	10
Mini First Aid Kit.....	11
Animal Tracks.....	12
Snow Globe	13

Fire and Ice

Waterproof Matches

The Girl Scout motto states: “Be prepared”. This activity will make sure you can start a fire when hiking or camping, whether you get rained on, or drop the matches in a puddle. Girls will “be prepared” to start a fire to stay warm or cook a delicious outdoor meal!

Supplies Needed:

- Fingernail polish (color works best as you can visually see where the polish is on the match)
- Hair dryer
- Newspaper
- Old box

Directions:

1. Prep a work station by covering a table with newspaper.
2. Prep an old box to hold matches as they dry. To prep the box, poke small holes in the box making sure that they aren't too big as the matches will fall right through.
3. Select your desired color of nail polish. Carefully paint the tip of the match and part of the stick. You can dip the head of the match into the nail polish, but this can get a little messy.
4. Put just the right amount of nail polish on allowing you to spark the match when needed. *Do not thickly coat the match head.*
5. Set matches in the box to dry. Use a hair dryer to speed up the process.
6. Pack in your hiking/camping bag and you are set for fire even if the matches get wet! You can store these matches in plastic bags, a little tin box or anything that you can reuse!



Fire and Ice

Fire Starters

When it's cold outside and you want to start a fire quickly, a fire starter is a must! Girls can prepare these pine cone fire starters ahead of time, plus it's a great way to repurpose old crayons!

Supplies Needed:

- Crayons in your choice of colors
- Pine cones
- Microwave safe bowl
- Parchment paper

Directions:

1. Begin by peeling the wrappers off crayons and breaking them down into half-sized pieces. It is important to use crayons that are of similar color or shade (e.g. only use pink or red crayons together). Otherwise when they melt, the solution will turn dark or grey.
2. Place crayon bits in a microwave safe bowl. Microwave for 20-30 seconds at a time until the crayons are melted.
3. Remove the bowl, being careful as it will be hot! Stir the mixture well, then roll/dip the pine cones quickly before wax hardens. BE CAREFUL! The wax will be very hot. You may want to use a spoon to assist in rolling the pinecones and make sure an adult is nearby to help.
4. Once the pine cone is coated, set it on a piece of parchment to dry. Drying only takes a few minutes.



Fire and Ice

Snow Dough

You don't have to freeze to build a snowman! Make your own snow dough from these household ingredients.

Supplies Needed:

- About 1 cup Foam Shaving Cream (Unscented for sensitive skin works best)
- 1 cup baking soda

Directions:

1. In a large bowl mix 1 cup of baking soda and add about 1 cup of shaving cream.
2. Use your hands to mix the ingredients together in the bowl. The mix will be messy! Note: If the mixture continues to be too loose, slowly add more shaving cream until the mixture feels like snow.
3. Try rolling the snow dough and using cookie cutters to make fun shapes. Can you build a snowman? Or maybe a mini snow fort?



Fire and Ice

Snow Ice Cream - Serves 4

Have you ever tasted the sweetness of snow ice cream? Enjoy a little edible science and create your own ice cream made out of snow!

Supplies Needed:

- ⦿ 1 cup of milk or 14 oz sweetened condensed milk (If using sweetened condensed milk, skip the sugar!)
- ⦿ 4 tablespoons of sugar
- ⦿ 1 teaspoon vanilla extract
- ⦿ Dash of salt
- ⦿ 8 cups of fresh snow

Directions:

1. Mix together milk, sugar, salt, and vanilla extract.
2. Collect 8 cups of fresh snow. (Tip: put clean bowls outside before it snows, that way you know the snow is fresh.)
3. Add snow to milk mixture and combine.
4. Top with your favorite sprinkles!



Warm and Cozy

Hand Warmers

Oooh, it's cold outside! Chilly fingers are common during the winter months. You can create your own hand warmers to toast up those fingers in no time!

These can also be an easy, inexpensive gift!

Supplies Needed:

- Flannel fabric – 4 x 4 inches per warmer (*consider recycling old flannel pajama pants or scrap fabric)
- Matching thread
- Pinking shears
- Uncooked Rice – ½ cup per warmer (Don't use instant rice for this!)
- Straight pins

Directions:

1. Cut flannel into 4 inch by 4 inch squares with pinking shears.
2. Using two squares, pin them together with the right sides facing out.
3. Hand stitch around three sides leaving the fourth side open. Note: You can use a sewing machine to zig zag stitch if preferred
4. Fill square with ½ cup of uncooked rice.
5. Pin the fourth side together, and complete by stitching it closed.
6. To warm, place in microwave for about 30 seconds.
7. Toss them in your coat pocket. Ahh, warm hands!



Warm and Cozy

Hot Granola - Serves 2

Your outdoor adventure isn't complete without a snack! Try this hot granola to warm you up on a cold day. You can mix your hot granola outside over a fire or prepare it inside in the comfort of a warm kitchen.

Supplies Needed:

- 1 cup granola
- 2 tablespoons sweetener/ flavor (honey, agave, peanut butter)
- ¼ cup milk powder
- 1 ½ cups boiling water

Directions:

1. Boil water over fire or stove in a Dutch oven or camping tea kettle/coffee pot.
2. Pour granola, sweetener, and milk powder in a heat safe bowl.
3. Once water is boiling pour over granola mixture. Allow mixture to thicken and the granola to soften.
4. Allow granola to cool slightly before eating.



Warm and Cozy

Simple Chili - Serves 6-8

Burr...it is freezing out! Need to warm up? Whip up a quick batch of chili over a toasty fire to warm your bones.

Supplies Needed:

- 1 (16-ounce) jar medium chunky salsa
- 1 (28-ounce) can stewed tomatoes with peppers
- 2 (15-ounce) cans black beans
- 2 (15-ounce) cans white beans
- 2 (15-ounce) cans red beans
- 1 (15.5-ounce) can hominy
- 1 (28-ounce) can tomato sauce



Directions:

1. Open all cans and jars of ingredients and pour into Dutch oven.
2. Mix ingredients together and let simmer for 20-30 minutes, stirring occasionally, until everything is heated through. A good indication of that is steam and bubbles.
3. Add in your favorite chili toppings and enjoy!

Warm and Cozy

Sweater Socks

After a cold day outside there is nothing better than slipping your toes into some cozy slippers! These can also become an easy, inexpensive gift!

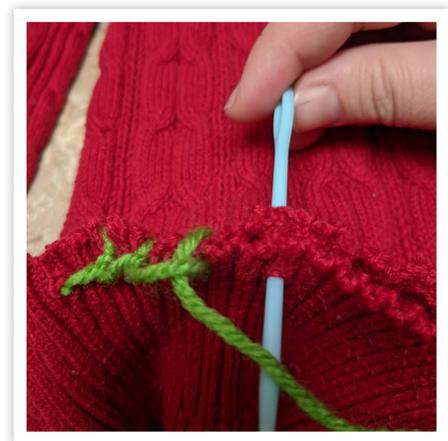
Supplies Needed:

- Scissors
- Paper/card stock
- Pencil
- Pins
- Yarn (Approximately 2 feet per slipper, depending on the size of the individual's shoe size. Light or Medium worsted works best.)
- Large darning needle
- Old sweater (something with a tight weave so it doesn't unravel when you cut it)



Directions:

1. Using the paper and pencil trace your foot. Give yourself about ½ inch of extra space around the edge, this will ensure you have comfy slippers and easy sewing. Cut out your shape and repeat for the other foot.
2. Place each foot cutout on the body of the sweater. Cut around them to create two sole pieces. Helpful hint: You can use double sided tape to keep the paper from slipping while you are cutting.
3. Stick your foot into the sleeve of the sweater through the opening at the wrist. Pull the fabric around your leg to the desired boot height.
4. Carefully cut the fabric of the sleeve away from the sole of your foot. The goal is to expose the bottom of your foot. This will give you your leg piece!
5. Using the pins, connect the sole piece to the leg piece. Start with one pin at the toe and one at the heel. Stretch the fabric as necessary to line the two pieces up and pin them together.
6. Once the pins are in place, blanket stitch the sole piece and the leg piece together. Helpful hint on a blanket stitch:
 - Push your needle through both layers of fabric from the top
 - Pull the yarn through until only a small loop remains
 - Bring your needle back down through the loop
 - Pull the yarn tight
7. You can add a blanket stitch around the opening of your boot for an added embellishment!



Prepare and Explore

UV Bracelet

Here comes the sun! Winter months may feel long and dreary – the days feel shorter as the sun rises later and sets earlier. It may feel like you never see the sun – but it's still there!

Most of us wear sunscreen in the summer, but did you know that it is just as important to wear sunscreen in the winter? We should always protect our skin when we go outdoors.

UV beads change color when exposed to the sun – make your very own UV bracelet as a reminder to always wear sunscreen!

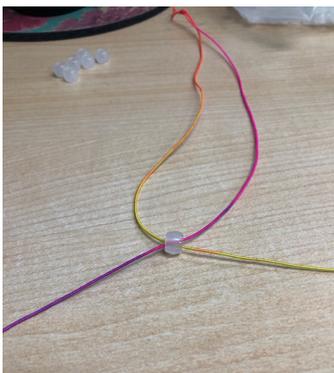
Supplies Needed:

- 24 inches string, cord, or yarn
- UV Pony Beads

*Did you know? Snow and ice
can reflect up to 90% of UV
rays from the sun!*

Directions:

1. Cut the string to approximately 24 inches.
2. Fold the string in half, matching the end pieces together.
3. Tie a knot at the looped end, making a small loop.
4. Now add the UV beads – take one end of the string and thread it through the bead. Take the other end of the string and thread it through going the opposite direction.
5. Grab each end of the string and pull in opposite directions until the bead is snug against the beginning knot.
6. Continue adding beads until the desired length. Tie a knot with both ends of the string snug against the last bead.
7. To finish, thread the end pieces through the beginning loop and tie a knot.
8. Wear your bracelet on your outdoor adventures. Watch as the beads change colors when exposed to the sun's UV rays—even on a cloudy day!



Prepare and Explore

Mini First Aid Kit

It's a good idea to always be prepared when exploring. By creating a handy Mini First Aid Kit you will be ready to assist with a scrape for a member of your exploring group or yourself.

Supplies Needed:

- ⦿ 1 small plastic container or plastic sandwich bag
- ⦿ 1 pair of non-latex gloves
- ⦿ Adhesive bandages (assortment of different sizes)
- ⦿ 1 small tube Antibiotic ointment
- ⦿ 2 Antibacterial wipes
- ⦿ Travel packs of NSAIDs or acetaminophen
- ⦿ Add anything else that you believe is beneficial to your adventure

Directions:

1. Purchase a small plastic container or a plastic sandwich bag.
2. Add in an assortment of sizes of adhesive bandages, a small tube of antibacterial ointment, antibacterial wipes, travel NSAIDs or acetaminophen.
3. Add anything that is particular to what you know you will need. For example, if you know someone gets heartburn, an antacid would be a good idea to add.
4. Add a pair of non-latex gloves. This may not fit in your small container, however add them to a plastic bag and rubber band the bag to the container.
5. Have fun on your next adventure and feel confident knowing that you are prepared!



Prepare and Explore

Animal Tracks

Not all creatures hibernate in winter in Iowa. Adventure out and see what sort of wild life tracks you can find. While you are exploring for animal tracks, create your own tracks to make with snow graffiti art!

Supplies Needed:

- ⦿ Appropriate seasonal clothes
- ⦿ Sunglasses
- ⦿ Water, thermos of hot chocolate, cider, and snacks
- ⦿ Binoculars
- ⦿ Field guides to animals and their tracks
- ⦿ Journal for making notes and recording your outdoor experience
- ⦿ Snow Graffiti: spray bottles filled with water (add food coloring)



Directions:

1. Plan where you would like to explore nature and look for animal tracks. Where would you like explore? It could be a local park, family farm, river bottom or even a backyard.
2. Encourage girls to do some internet research to compile a field guide of animal tracks. Print the guide to take with you as you make discoveries.
3. Record in your journal, either by drawing or writing about what you saw.
4. Have girls create a unique snow graffiti masterpiece using the white canvas of snow and animal prints or whatever their imagination comes up with! Perhaps footprints, snow angels, or sculptures!

Prepare and Explore

Snow Globe

Capture the magic of winter in your very own snow globe! Use your imagination to create a wintry scene that will last all year long!

Supplies Needed (for one snow globe):

- Glass jar (mason jar, baby food jar, jelly jar) (*Make sure jar is clean and label is removed)
- 3 teaspoons glycerin
- 2 teaspoons glitter
- Sequins
- Water (enough to fill jar)
- Plastic figurines, plastic trees, and other decorations
- Spoon
- Superglue or a hot glue gun

Directions:

1. Design a wintry scene – use small figurines, plastic trees, or other decorations
2. Use superglue or a hot glue gun to secure figures to the inside of the jar's lid.
3. Fill the jar with water, 3 teaspoons of glycerin, and 2 teaspoons of glitter.
4. Screw the lid on the jar. Optional - Use superglue or hot glue to secure the lid closed.
5. Shake it up and watch the wintry scene come to life!